

Prophet Muhammadâ□□ s (ï·º) Nighttime Routine: Recommended Surahs for Sleep and Protection

Description

Bismillahi Wal Hamdullillah Was Salaatu Was Salaamu â□□ Alaa Rasoolillahi

Ammaa Baâ□□ d:

Upon the authority of Irbaadh ibn Saariyah â□□ Radhiyallahu â□□ Anhu â□□ that *The prophet did not used to sleep until he recited theâ□□ Musabihaatâ□□ (A reference to the surahs that begin with â□□ Sabbaha lillah..â□□ or â□□ Yusabihu Lillah..â□□ or â□□ Subhaan..â□□ or â□□ Sabihiâ□ ¦â□□ and they are seven surahs: Suratul Israa, Suratul Hadeed, Suratul Hasr, Suratus Saff, Suratul Jumuâ□□ ahâ□□ , â□□ Suratut Taghaabun, Suratul Aâ□□ laa) and he used to say* â□□ ***In them is an Ayah that is better than a thousand verses!***â□□

(Collected by At Tirmidhi (3406) and declared â□□ Hasanâ□□ By Shaikh Al Albaani â□□ Rahimahullah)

Upon the authority of Naufal Al Ashjaâ□□ i â□□ Radhiyallahu â□□ Anhu â□□ who said that the prophet â□□ Sallallahu â□□ alahi was Salaam â□□ said to Naufal: â□□ ***Read â□□ Qul Yaa Aiyuhal Kaafiroonâ□□ then sleep when you have completed it for indeed it is a safeguard and freedom from shirk***â□□

(Collected by Abu Daawood(5055) and declared Saheeh by sheikh Al Albaani)

Upon the authority of Aisha â□□ Radhiyallahu â□□ anhaa â□□ who said: â□□ *The prophet â□□ Sallallahu alaihi wa Salam did not used to sleep until he recited: (Suratut) Az Zumar and (Surat)Bani Israaâ□□ eel (i.e Suratul Israa)*

(Collected by At Tirmidhi (3405) and declared â□□ Saheehâ□□ By Shaikh Al Albaani â□□ Rahimahullah)

Wallahu taâ□□ alaa Aâ□□ lam

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